

Dawson County  
High School

# MENUS FOR MARCH 2024

This institution is an equal  
opportunity provider  
and employer.

**AVAILABLE DAILY**  
**Daily breakfast choices include:**  
 Honey Bun, Cereal, or Yogurt Smoothie  
**Daily lunch choices include:**  
 Pizza w/Choice of Vegetable or  
 Side Salad, Pre-plated PB&J or  
 Chicken Wrap Boxes, and Salad Bar  
**Lunch and breakfast meals  
 include a fruit or fruit juice,  
 and a choice of milk.**

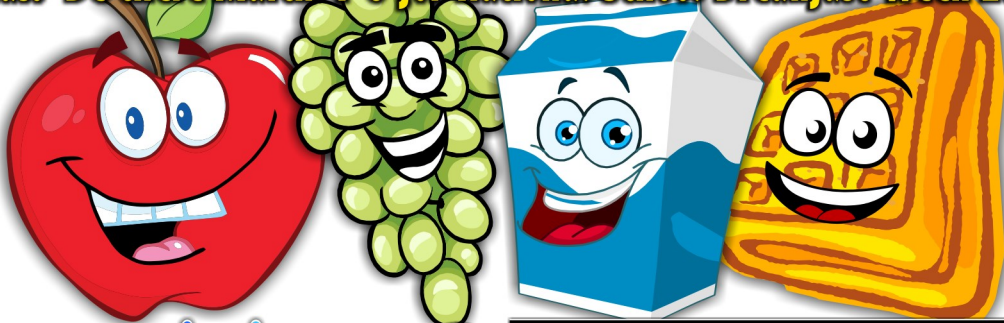
## FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

**Kids! Be there March 4-8 for National School Breakfast Week 2024**



**come join us for Breakfast@School**

**Friday, March 1**  
**Breakfast**  
 Chicken or Sausage Biscuit  
 or Pancake Bites  
**Lunch**  
 Chicken Alfredo  
 or  
 Baked Spaghetti,  
 Garlic Bread,  
 Carrots w/Dip,  
 Broccoli

**NUTRITION TO GO**  
 Turns out Grandma was right:  
**chicken soup IS good for a cold!**  
 Chicken soup helps to ease cold  
 symptoms by breaking up congestion,  
 keeping you hydrated, and even acting  
 as an anti-inflammatory. The taste  
 and aroma can be therapeutic, too!  
 There's no cure for a cold, but a  
 piping hot bowl of soup can  
 at least offer some relief.  
**A QUICK BITE FOR PARENTS**

**Monday, March 4**  
**Breakfast**  
 Chicken or Sausage Biscuit  
 or French Toast  
**Lunch**  
 Chicken Sandwich  
 or  
 Meatball Sub Sandwich,  
 Tater Tots,  
 Lettuce/Tomato,  
 Carrots

**Tuesday, March 5**  
**Breakfast**  
 Chicken Biscuit  
 or Breakfast Pizza  
**Lunch**  
 Queso Beef Nachos  
 or  
 Queso Chicken Nachos,  
 Spanish Rice,  
 Refried Beans,  
 Street Corn,  
 Salsa/Peppers

**Wednesday, March 6**  
**Breakfast**  
 Chicken or Sausage Biscuit  
 or Pancake Bites  
**Lunch**  
 Chili Cheese Dog  
 or  
 Hot Ham & Cheese  
 Croissant,  
 Fries,  
 Celery Sticks w/Dip,  
 Slaw

**Thursday, March 7**  
**Breakfast**  
 Chicken Biscuit  
 or French Toast  
**Lunch**  
 Spaghetti w/Garlic Bread  
 or  
 Chicken Noodle Soup  
 w/Grilled Cheese,  
 Corn,  
 Garden Salad

**Friday, March 8**  
  
**No  
School  
Today**

Every complete meal  
 we serve comes with  
 your choice of milk!

**Spring  
Forward**  
  
**Sunday,  
March 10**

Monday, March 11

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Oriental Chicken  
or  
Hamburger Steak & Gravy,  
Steamed Rice,  
Honey Glazed Carrots,  
Green Beans

Tuesday, March 12

**Breakfast**

Chicken Biscuit  
or Breakfast Pizza

**Lunch**

BBQ Sandwich  
or  
Chicken Sandwich,  
Fries,  
Slaw,  
Lettuce/Tomato

Wednesday, March 13

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Corn Dog  
or  
Cheeseburger,  
Sweet Potato Fries,  
Lettuce/Tomato,  
Baked Beans

Thursday, March 14

**Breakfast**

Chicken Biscuit  
or French Toast

**Lunch**

Cheesy Breadsticks  
w/Marinara Sauce  
or  
Chili w/Grilled Cheese  
Sandwich,  
Baked Sweet Potato,  
Celery Sticks w/Dip,  
Broccoli

Friday, March 15

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Beef Taco Salad  
or  
Chicken Wraps,  
Spanish Rice,  
Corn,  
Refried Beans,  
Lettuce/Tomato,  
Salsa/Peppers

Monday, March 18

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Chicken Parmesan  
or  
Spaghetti,  
Breadstick,  
Garden Salad,  
Broccoli

Tuesday, March 19

**Breakfast**

Chicken Biscuit  
or Breakfast Pizza

**Lunch**

Potato Bar w/Chili & Fixings,  
Grilled Cheese Sandwich  
or  
Turkey Club Croissant,  
Baked Chips,  
Lettuce/Tomato,  
Celery Sticks w/Dip,  
Baked Beans

Wednesday, March 20

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Fish Sticks  
or  
Chicken Nuggets,  
Macaroni & Cheese,  
Slaw,  
Baked Beans,  
Honey Roasted Carrots

Thursday, March 21

**Breakfast**

Chicken Biscuit  
or French Toast

**Lunch**

Chicken Tenders  
w/Roll or Waffles,  
Mashed Potatoes,  
Collard Greens

Friday, March 22

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Chicken Sandwich,  
Fries,  
Lettuce/Tomato  
or  
Chili Cheese Fries,  
Roll,  
Carrots,  
Garden Salad

Monday, March 25

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Boneless Buffalo Chicken  
or  
Hamburger Steak w/Gravy,  
Roll,  
Green Peas,  
Mashed Potatoes,  
Slaw

Tuesday, March 26

**Breakfast**

Chicken Biscuit  
or Breakfast Pizza

**Lunch**

Chili Macaroni,  
Breadstick,  
Broccoli,  
Honey Glazed Carrots  
or  
Mini Corn Dogs,  
Broccoli,  
Sweet Potato Fries

Wednesday, March 27

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Cheeseburger  
or  
Chicken Sandwich,  
Fries,  
Baked Beans,  
Lettuce/Tomato

Thursday, March 28

**Breakfast**

Chicken Biscuit  
or French Toast

**Lunch**

Queso Beef Nachos  
or  
Queso Chicken Nachos,  
Spanish Rice,  
Refried Beans,  
Street Corn,  
Salsa/Peppers

Friday, March 29

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Hamburger Casserole  
or  
Chicken Alfredo,  
Roll,  
Broccoli,  
Baked Sweet Potato



**What did the  
Teddy Bear  
say when  
he was  
offered  
dessert?**



**“No, thanks. I’m stuffed!”** Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

